



PRESS RELEASE

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Subject: Bake and Take Day

Celebrated this year on March 22nd, national Bake and Take Day is an opportunity for individuals and community organizations to remember the elderly, shut-ins, neighbors and friends by bringing a baked wheat food to show them they are not forgotten. The event in Montana is sponsored by the Montana Wheat and Barley Committee, which is a member of the Wheat Foods Council.

"In addition to promoting the use of Montana's high quality grains, the day is an ideal time for us to express our gratitude and show folks we are thankful for their friendship," says Committee director Kim Holzer, Stanford, who serves as an alternate on the Wheat Foods Council board. The Council is a domestic promotion board which, through education, encourages the utilization of wheat.

The unique occasion was first celebrated in Sumner County, Kansas in 1970 and since 1973 the popular event has become a day of appreciation in more than one-third of the states.

An important part of this "Bake and Take Day" is to visit an individual's home when delivering the baked goods, but service groups such as 4-H, church or scouting organizations often bake grain-based dishes and then have them distributed to Meals-on-Wheels, shelters and missions, and other locations.

While the Committee is distributing recipe cards suggesting two possible ideas for Bake and Take Day, "Granola Fruit Bar" and "Banana Nut Square", the special grain treat does not have to be sweet or limited just to wheat products. Pasta casseroles and barley pilaf dishes are examples of non-dessert dishes which could be made. Barley, in its various forms, flaked, flour or pearled, also lends itself well to baked dishes which could be made up quickly, travel well, and be a nutritious and tasty treat for any recipient.

"The Committee hopes Montanans will embrace the idea of 'Bake and Take Day' and encourages it as a wholesome and delicious way to make a difference in their communities by showing others they care," adds Holzer.

A limited number of recipe cards can be obtained by contacting the Montana Wheat and Barley Committee at 406-761-7732, or <http://wbc.agr.mt.gov>

Granola Fruit Bar – makes 24 bars

¾ cup whole wheat flour	¾ cup honey
½ cup toasted wheat germ	½ teaspoon salt
2 ½ cups old fashioned rolled oats	½ teaspoon cinnamon
1 cup crisp rice cereal	1 teaspoon vanilla
2 tablespoons butter, melted	½ to ¾ cup dried cranberries, raisins, sliced almonds, mini chocolate chips or a combination of two or three
2 tablespoons canola oil	
¾ cup brown sugar, lightly packed	

In a large bowl, combine whole wheat flour, wheat germ, oats and rice cereal. In a small bowl whisk together melted butter and oil. Add sugar, honey, salt, cinnamon and vanilla and mix thoroughly. Add fruit. Mix content of both bowls together. Pour mixture into a 9 x 13-inch pan coated with non-stick cooking spray. Press with back of spoon or fingers. Bake in a preheated 350-degree oven 15 to 20 minutes until golden. When cool cut into 24 bars. Wrap bars with plastic wrap; may be frozen.

Nutritional analysis: With 24 bars, each provides approximately: 150 calories, 3 g protein, 27 g carbohydrates, 2 g fiber, 3 g fat (1 saturated fat, 0 trans fat), 3 mg cholesterol, 15 mcg folate, 1 mg iron, 73 mg sodium. Nutrition exchange values: 2 Starch, ½ Fat

Banana Nut Square - makes 28 squares

¼ cup butter	¾ cup all purpose flour
¾ cup brown sugar, lightly packed	½ teaspoon baking soda
1 egg	½ teaspoon salt
½ cup buttermilk	1 cup mashed bananas (two or three bananas)
1 teaspoon vanilla	¼ cup chopped pecans or other nuts
¾ cup whole wheat flour	

In large bowl, cream together butter and sugar. Add egg and beat. Add buttermilk and vanilla; mix thoroughly. Combine both flours, soda and salt into above mixture. Stir in bananas. Do not over mix. Spread mixture into a 9 x 13-inch pan coated with non-stick cooking spray. Sprinkle nuts over top. Bake in a preheated 350-degree oven 15 to 20 minutes. Cool and cut into 28 squares. Squares do not need frosting, but can be sprinkled with ¼ cup mini chocolate chips before baking or sift a light covering of powdered sugar over the top when cool.

Nutritional analysis: With 28 squares, each provides approximately: 80 calories, 1 g protein, 13 g carbohydrates, 1 g fiber, 3 g fat (1 saturated fat, 0 trans fat), 12 mg cholesterol, 6 mcg folate, 90 mg sodium. Nutrition exchange values: 2 Starch, ½ Fat